



# Lunch

Daily salad bar and fresh fruit. The salad bar typically includes green leaf lettuce, grape tomatoes, red peppers, broccoli, cucumber, baby carrots, hard-boiled egg, grilled chicken, croutons, yogurt, and a variety of salad dressings. Beverages include: 2% milk, cranberry juice and water



## Monday 9/16

Penne with Italian sausage, roasted peppers, mushrooms, onions, garlic, artichoke hearts & spinach

## Tuesday 9/17

Grilled marinated chicken with couscous & vegetable medley (GF-DF)

## Wednesday 9/18

Salmon burgers with tartar sauce, lettuce, tomato & onion - served with pretzels (V-DF)

## Thursday 9/19

Shepherd's pie with dinner roll (GF)

## Friday 9/20

Breakfast sandwiches - sausage egg & cheese on English muffins with hash browns



MATER CHRISTI  
SCHOOL

V-Vegetarian

GF-Gluten

DF-Dairy Free